



IOWA GAMBLING TREATMENT PROGRAM

**THIS IS THE  
FIRST STEP  
TO CHANGE.**

**1-800-BETS-OFF**

**1800BETSOFF.ORG**

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

# DO ANY OF THESE STATEMENTS SOUND LIKE YOU OR SOMEONE YOU KNOW?

- **Preoccupied** with gambling
- Increasing bet amounts to get the desired “high”
- Jeopardizing or **losing jobs** or relationships
- **Secretive** about gambling habits
- Trying to control gambling – but failing
- Restless or **irritable** when not gambling
- **Lying** to family about the extent of gambling
- Gambling to escape problems
- Chasing losses with more gambling
- Committing **crimes** to finance gambling
- Relying on others for bailout from gambling losses

IF ANY OF THESE STATEMENTS SOUND LIKE YOU OR SOMEONE YOU KNOW,

# GET HELP.

CALL **1-800-BETS-OFF** OR  
VISIT **1800BETSOFF.ORG.**

